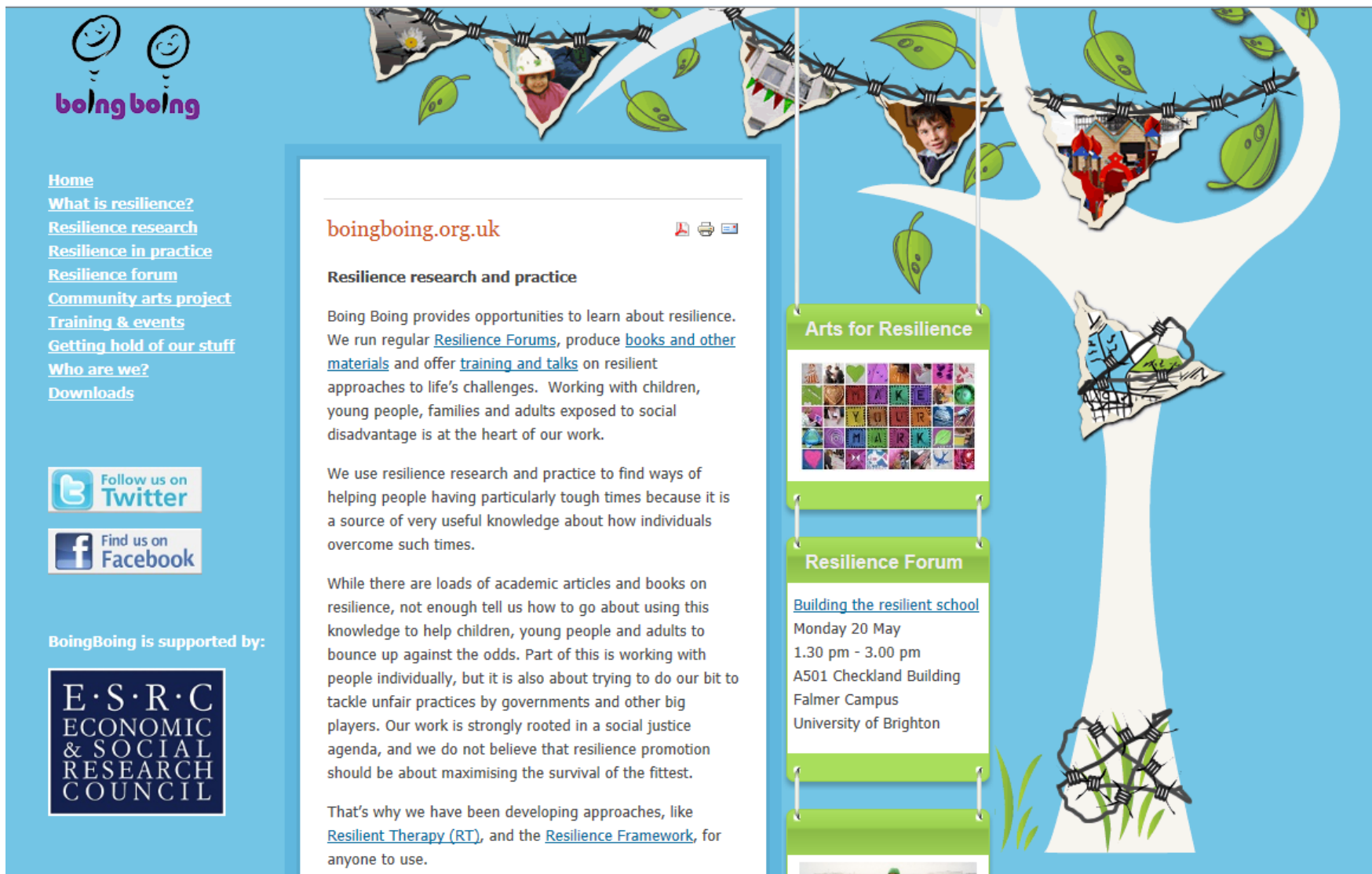



Find out more www.boingboing.org.uk




The image shows a stylized website layout for BoingBoing. At the top, there's a graphic of a tree with barbed wire wrapped around its trunk and branches. The leaves are green, and the branches are white. The barbed wire is black and has several small figures or objects hanging from it. The background is a light blue gradient.


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Resilience research and practice


Boing Boing provides opportunities to learn about resilience. We run regular [Resilience Forums](#), produce [books and other materials](#) and offer [training and talks](#) on resilient approaches to life's challenges. Working with children, young people, families and adults exposed to social disadvantage is at the heart of our work.

We use resilience research and practice to find ways of helping people having particularly tough times because it is a source of very useful knowledge about how individuals overcome such times.

While there are loads of academic articles and books on resilience, not enough tell us how to go about using this knowledge to help children, young people and adults to bounce up against the odds. Part of this is working with people individually, but it is also about trying to do our bit to tackle unfair practices by governments and other big players. Our work is strongly rooted in a social justice agenda, and we do not believe that resilience promotion should be about maximising the survival of the fittest.

That's why we have been developing approaches, like [Resilient Therapy \(RT\)](#), and the [Resilience Framework](#), for anyone to use.

Arts for Resilience



Resilience Forum

[Building the resilient school](#)
Monday 20 May
1.30 pm - 3.00 pm
A501 Checkland Building
Falmer Campus
University of Brighton